

An Increasing Suicidal Trend Among Pakistani Youth: A Brief Sketch.

By: Javeria Shujat.

INTRODUCTION:

Suicides among Pakistani students are on the rise, recently 4 students committed suicides within a span of few days in Chitral a remote district of KPK just after the announcement of the intermediate (higher secondary school) results. According to the reports, all four students committed suicide for not being able to achieve the grades, they or their parents were expecting. One student named Fareed Ahmed killed himself after getting 81 per cent marks with which he was not satisfied.

This tragic trend is not just alarming but raises serious questions about the state of mental health of our teenagers. The suicidal tendencies among students in Asian countries like Japan, South Korea, Hong Kong, have been reported extensively and are well documented, governments in these countries have started to take this issue of student suicides seriously many non-government organizations work to help students to cope with stress and other factors that cause suicidal tendencies.

Students commit suicides because of the crushing stress that a youngster has to go through because of the pressure of expectations exerted on him/her from multiple sides. Parents want their children to excel, teachers want them to win laurels for the school, and society keeps reminding them that success and guarantee for a secure future depend on the grades they achieve in the exams.

The suicidal tendencies among students in Asian countries like Japan, South Korea, Hong Kong, have been reported extensively and are well documented, governments in these countries have started to take this issue of student suicides seriously many non-government organizations work to help students to cope with stress and other factors that cause suicidal tendencies.¹

¹**Student Suicides in Pakistan, Wake-up Call for Parents And Educational Administrators.**

The Ways To restrict such Trends:

The only way to limit these suicidal rates is by taking certain actions on such matter which are listed below:

- **For Parents:**

Parents must be aware of natural inclinations and the needs of their growing children. And the various ways for influencing child-parent relation, certain policies be ruminated :

- they should be guided by attending various events and seminars through an organization like **Parent Training** Information Centers (PTIs) and Community. Parent Resource Centers (CPRCs) can lend a hand.
- Parent management training courses should be implemented and propagated light of Islamic principles.

For students/children:

- Their curriculum and activities should abide for social welfare development in accordance to students rights theories.

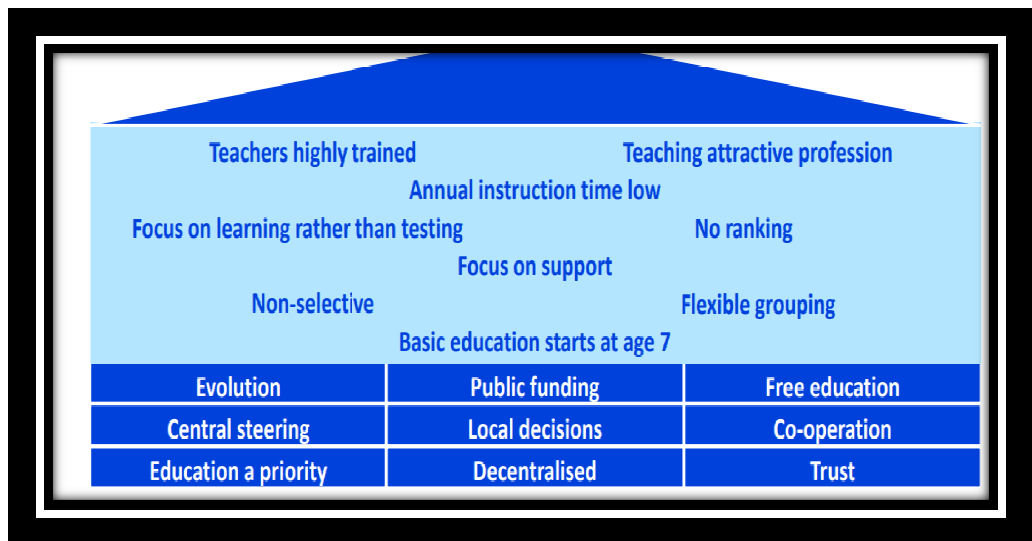
- **Concepts / Theory:**

The course/curriculum should be settled in a way aiming the child's vision for the prosperity of humanity and supporting their targets through motivational speeches, events and stage dramas accomplishing their dreams in a positive way.

- **For Educational Institutions:**

- Boards of Intermediate and Secondary Education (BISEs) and Inter Board Committee of Chairmen (IBCC) should plan a strategic way to conduct Tertiary Level Examinations (TLE) /private levels and after a semester(6months).
 - sports participation has been associated with psychological and social health benefits for youths, like increase self-esteem, low depression and anxiety, and even suicide behaviour protection. Have on average two hours per week of compulsory physical education in their academic curriculum, schools should include gyms, but also schoolyards, and even classrooms, which might be used to exercise.
-

- IBCC nor National Education Management Information System should hire IT /CS professionals to set the database for majority students appearing from district areas.
- the botanical garden and plants should be constructed, garden attributes, in learning, stress relief, relaxation, and improved quality of life.
- Center for Disease Control and Prevention and the National Center for Health Statistics report that suicide rates in the United States are lowest during the winter months and highest in the summer and spring. **F. Stephen Bridges** asserts that there is "a high incidence in early spring (April and May) and also a low incidence in winter" of suicide rates. there is s a need to change the schedule for conducting our exams that are held in peak summer season especially in Karachi.
- An international scoping project on school-based counselling showed school counselling is mandatory School counselling is an integral part of the education system in countries .it is emerging as a critical support for elementary, middle, and high school learning and/or student health concerns. Guidance counsellor, school counsellor should be employed.in schools and the International Registry of Counselor Education Programs (IRCEP).
- Incorporating curriculum based on Islamic history and Islamic ideologies and philosophies like of Rumi, Ghazali,sheikhSaadi,imam-malik and so on Muslim scholars that had a persuasive and positive way of thinking from primary to tertiary level.



- Penalty on the educational institutions on giving vacations homework neither of summer nor of winter.
- To enhance the research work learning rather than specific revised topic learning.
- **For Teachers:**
 - “Conduct that may bring the profession into disrepute” should be judged by a panel in a similar way. Misconduct outside of the education setting may be considered to be relevant if it is serious and the conduct displayed would likely have a negative impact on the individual’s status as a teacher, potentially damaging the public’s perception of them, therefore bringing the profession into disrepute. Panel members should use their knowledge and experience to take into account how the teaching profession is viewed by others, and the influence that teachers may have on pupils, parents and others in the community. Panels should take account of the uniquely influential role that teachers can hold in pupils’ lives and that pupils must be able to view teachers as role models in the way they behave. Panels will be likely to conclude and deal with them accordingly.
 - The DBS will consider cases that concern safeguarding matters (i.e. harm or the risk of harm to a child), barring individuals from working with children where appropriate.

- The DBS is responsible for deciding whether an individual should be barred from working with children and vulnerable adults and for maintaining a list of those individuals who are determined to be unsuitable (the barred list). The DBS is also responsible for processing requests for Criminal Records Checks, including those made as part of the checks carried out by schools prior to appointing staff.
- A teacher should be judged not just on basis of education and character but should also have *Morality* in *Islam* that serves to include the concept of righteousness, good character, and the body of *moral* qualities and virtues prescribed in *Islamic* religious texts. The underlying idea of *Islamic morality* is that of love: love for God and love for God's creatures.
- Conduct research and provide education based on research.
- Penalty on putting the extensive burden on students, homework be based on student-centred increasing the cognitive skills rather than imposing ones own.
- **For government/state:**
 - A study on college students showed that 45% admitted to social media use 6-8 hours a day (Wang, Chen, & Liang, 2011). So are we dealing with addiction or mental illness? I would say a little bit of both. The addiction causes the symptoms of mental illness. Having more Facebook friends predicted clinical symptoms of Bipolar Disorder, Narcissistic Personality Disorder, and Histrionic Personality Disorder. Also, an interesting find was that the anxiety of not being able to check Facebook is associated with antisocial and narcissistic traits. Social media platforms, such as Facebook,
 - Instagram, Snapchat and Twitter etc, is allowing mental illnesses to rise to new prevalence in the forms of narcissism, voyeurism, paranoia, and antisocial tendencies. FoMO could be the initial trigger to inappropriate behaviours that are posted in social media newsfeeds. There should be laws in firms of these social media which could probably lead to cyberbullying and suicide, especially concerning the currents affairs of the media industry and films inculcating the youth to inferior aspects³ of living and ends finally losing Islamic morality.

³ www.psychologytoday.com

- There should be an organization functioning to probe over these educational institutions like the **Council for Higher Education Accreditation (CHEA)** ensuring the protection of student-teacher rights, public opinion, policies.
- To provide quality learning of international level, and the penalty inflicted on breaking the policies of the educational system
- Penalty on not coping with the maintenance of schools and colleges, ensuring a healthy environment.
- Islamic education inculcates to every child from the age of 7 should be mandatory otherwise a penalty be imposed on this jurisdiction of parents or guardian.
- Construction of various community park Parks owned or operated by the government: National park Sub-national park Urban parks Linear parks Country parks.
- Of all psychiatric illnesses, patients with eating disorders have among the highest mortality rate. Patients with anorexia nervosa are at high risk for suicide-possibly more so than patients with depression or any other psychiatric disorder, the ministry of health must take major steps in ensuring health beneficiaries to all citizens specifically the students, facing stunt growth, depression etc. should be provided with a healthy diet, consensus with the nutritionists.
- Hospitals are made advanced and should appoint professional psychologists and doctors for child behaviour.

• **Apparent Reasons Of Suicide rate In Pakistan :**

According to my very own personal experience, it is, in fact, true that the educational institutions working in Karachi affiliated with Sindh board Karachi has reported affecting the students in diverse ways targeting their psychology and leading it towards a great depression which substantially ended up persuading the student to take its own life.

These ideas to reform a policy on suicidal matter inflicted upon me when I watched the brutality of LGS school demotivated a child to death on mubasher lucmans show, no matter what, children who keep their aims high, when comes in contact with this calibre of education system ends up losing their lives or a great depression ,according to my survey I myself and the majority other students have suffered many hurdles and problems which did affect our health badly from Sindh Board Karachi, who has a horrible way of conducting exams which include:

- examination system and curriculum are outdated and lack innovation
- **UNNECESSARILY LONG ANSWERS ARE REQUIRED, WHICH EXPLOITS THE MIND TO REACH THE CONCEPTS AND CONFUSES THEM IN WORDS.**

- Work presentation mattered more than the concept encoded within the answer.
- Satisfying the checker should be your number one priority! No matter how well you've written the checker can still award you with a ZERO. Writing too many fancy words or writing too short (even if the length of your answer is adequate) can annoy the checker, and if the checker is annoyed that his mood will surely leave a scar on your exam paper
- A vast number of book readers tend to fail miserably even though it should've been the other way around but the truth is that those who use the notes issued by the various 'tycoon' like tuition centres have a greater chance of scoring in exams than those who use textbook mainly because the exam system has not been scrutinized since a long time. If a question has appeared in the 2014 annual exam paper and not in the 2015 paper, then there's an 80% chance that the question would reappear in the 2016 annual exam. If you analyze the annual exam papers of the last 20 years you will see that within that time span very little amount of new questions have been introduced and that majority of the exam papers are full of questions that have been shuffled between the exam papers of the 20 years.
- Flawed textbooks are another hurdle that the students have to face
- Many people have noticed the hateful content present within our textbooks which targets our minorities.
- Policies and reforms are made to correct this system into a substantial piece by following the policies I mentioned above.

Conclusion :

Suicide is a major global public health problem with more than 800,000 incidents worldwide annually. Seventy-five per cent of the global suicides occur in low and middle-income countries (LMICs). Pakistan is an LMIC where information on suicidal behaviour is limited. The aim of the review is to map available literature on determinants, risk factors and other variables of suicidal behaviour in Pakistan.

Six hundred and twenty-three articles were initially retrieved from all ten databases. Two independent reviewers screened the titles and abstracts for relevance. One hundred and eighteen articles were read in full, out of which 11 were excluded because they did not fit the eligibility criteria. One hundred and ten articles, including two student theses and one report, were included in the final review. Most studies were descriptive in nature, with only three that used a case-control design. Majority of the studies were from urban areas and addressed determinants rather than risk factors. Gender differences and age were predominantly reported, with more males committing suicide. Suicidal behaviour was more common among

individuals younger than 30 years of age. The three most common methods for suicides were hanging, poisoning and use of firearms. Mental illness as a risk factor for suicides was mentioned in only three studies.

This review is the first attempt to synthesize the available literature on suicidal behaviour in Pakistan. The evidence is limited, and calls for more robust analytical research designs, along with a focus on risk factors.⁴

References/Webliography:

- Finland educational policy 2018.
- www.psychologytoday.com
- <https://www.dawn.com/news/724902>
- https://en.wikipedia.org/wiki/Suicide_in_Pakistan
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5809969/>
-

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5809969/>
 Sualeha S. Shekhani,¹ Shagufta Perveen,² Dur-e-Sameen Hashmi,¹ Khawaja Akbar,³ Sara Bachani,⁴ and Murad M. Khan⁵: Suicide and deliberate self-harm in Pakistan: a scoping review .